

ARIZONA SENTINEL

FIRST IN ADVERTISING—FIRST IN NEWS—FIRST IN INFLUENCE

Setting a Pace for Competitors—Forging Ahead to Greater Things Over Roads of Its Own Making

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The absolute indifference of the average corporation to the rights and comforts of the great consuming public was never better exemplified than yesterday and today by the Yuma Electric and Water company.

Witho t a reasonable excuse ofr its utter afilure to supply power, lights, gas for cooking or water in any satisfactory manner to the public for some time, the company has completely failed for the past two days to deliver any service except such as was little short of an aggravation, and patrons have been saved time, patience and cash if the plant had shut down. In that event, Yuma business interests could have completed plans to connect with the Sanguinetti-Yuma Ice Company plant, which has been ready and willing to supply the town with its power and light service since August 15th, and the negligent company has had ample time to hook on and save Yuma people the many tortures and inconveniences of an all but complete shut down.

The Morning Glory did—for once—tell the truth this morning when it said "Municipal Ownership Is Becoming Popular."

Common courtesy would dictate that the Yuma Electric and Water Company issue a warning to its patrons through the newspapers to draw water for drinking purposes. Though the Yuma Electric and Water Company withdrew its advertising from the Examiner on Aug. 20th, such a notice to our 5000 readers will be printed without charge.

Box and Chair and A Bathing Suit! Now For First Kellermann Lesson!

This Tells You How to Make the "Breast Stroke," the Very First Essential Movement; Breathing and Its Relation to Swimming; You Will Be Swimming Within a Week from Today.

ARTICLE NUMBER FOUR

BY ANNETTE KELLERMANN

International Record-Holder and Star of the Wm. Fox \$1,000,000 Film "A Daughter of the Gods."

Before taking up THE BREAST STROKE, I want you to obtain the following articles:

1. A piano stool, or some box strong enough to sustain your weight.
2. A kitchen chair.
3. A one-piece bathing suit or like garment to wear while going through the exercises.
4. A cushion or a pillow.

Now, before starting, OPEN ALL WINDOWS. Fresh air is vitally essential to good health.

Place the piano stool or box in the center of the room and lay the cushion on top of it. Then place the chair directly behind it, but a short distance removed. Lay yourself so that your stomach is on the stool or box and your legs on the chair.

Keep your chest clear of the stool. That part of your body commencing where the ninth rib rests should just clear the edge of the stood.

Now place your hands on a level with your chest, palms downward and hands side by side. Do NOT place your hands in the usual attitude of prayer. This old method of starting the breast stroke is wrong and, besides it means an extra movement. Keep your hands flat. Now bring them forward as if to dive. Stretch them straight out as far as you can. Keep them on a level with the chin. Raise your head a trifle so as to clear the imaginary water.

You are now lying flat with arms extended as though making a dive. Turn your hands until the palms are facing outward, then as if cleaving or



rather plowing the water bring them back in a wide circle until they are on a level with your shoulders.

While you are making this movement, inhale a deep breath. With the next movement bend the elbow and keeping the hands flat so as to cut the water, bring them back to their original position on chest and under the chin.

Continue this movement until you do it FAULTLESSLY. Keep it up until you are able to do it with perfect ease.

Should this exercise make your muscles ache and become stiff, a few

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COST OF PAPER GOES UP; OUR READERS SHOULD COME ACROSS

Through a force of circumstances, over which we have no control, and which make self protection necessary, the Yuma Daily Examiner is today eliminating a hundred papers from its exchange list.

This action is not taken through any lack of appreciation of the papers with which it has been exchanging for many years, but because the scarcity and the excessive cost of news print paper makes the conservation of that commodity abso-papers are doing likewise.

As every newspaper publisher thru-out the United States knows full well, the price of paper has increased 100 per cent within the last five months; ink prices, too, have increased fully

50 per cent. Paper is not only high in cost, but hard to get at any price, and the manufacturers and jobbers are at their wits' ends trying to solve the problem of keeping publishers supplied.

The Examiner will not increase its subscription rates or its advertising rates, but it asks all of its subscribers who have not yet paid their subscription to the paper to do so now.

Unless many subscriptions are paid soon it will be necessary for the Examiner to eliminate from the subscription lists the names of all of those in arrears. Such an action would be taken with deep regret, but the fact that the costs of publication have nearly doubled within a few months, coupled with the fact that paper is hard to get at any price, make it necessary that only those Examiner readers who pay for their paper, shall receive it. Self preservation is the first law of nature, and the Examiner cannot do otherwise than to ask our good friends to "come across."

SHOULD THE GOVERNMENT TELL RAILROAD MEN TO 'HEAD IN'

A much bigger issue than the impending railway strike now confronts the country. It is not a new one but it has never before been so clearly drawn. It is the matter of the prevention of strikes which affect the public disastrously.

In a statement on Tuesday W. G. Lee, head of one of the railway brotherhoods, said:

"Since the abolition of

slavery no more effectual means has been devised for insuring the bondage of the working man than the passage of the compulsory investigation acts of the character of the Canadian industrial disputes act."

This is a clear-cut objection to the principle of arbitration, which must now be settled one way or the other. There must be either arbitration or no arbitration, says the Arizona Republican. All the fooling with this

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